"Keep your tongue moist with the remembrance of Allah"

PRESERVATION OF THE TONGUE

"Speak good or Remain silent"

COMPILED BY
SYED HUSSAIN BIN IMAMUDDIN

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By

Shaykh Maulana Mufti Abdur Rahman

Hafizahullah

In the name of Allah, the All Merciful, the Very Merciful. All praises are for Allah, Lord and Sustainer of the universe. May the peace and blessings of Allah be upon our beloved Messenger Muhammad, His family and righteous Companions.

The tongue is one of the most important parts of our body, as it is the source of our speech. Through the tongue a person is able to express his thoughts, whether they are good or bad. It is a means which can take him either to Paradise or to the Hell-fire; it is either a way of salvation or the path to destruction.

Therefore, everyone should make the effort to preserve and purify their tongue. And this is not easy, but it requires a hard struggle for the soul.

I am incredibly pleased that my dear (Maulana) Syed Hussain bin Imamuddin has compiled this booklet on the preservation of the tongue. It consists of Quranic verses and Ahadeeth. I have enjoyed reading it for its concise and beneficial format.

May the Almighty Allah accept this excellent work and make it a source of reward for him in the Hereafter. May the Almighty Allah give him the ability to perform more projects of this kind.

May He also grant him, the readers and all of us the ability to safeguard our tongues.

Aameen

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PREFACE

In the name of Allah, the Most Merciful, the Very Merciful. All praise is for Allah, the Lord of the Worlds, who has created man in the best of forms and bestowed him with the ability to speak with his tongue. We praise Him, we seek His help and we seek His forgiveness. We seek refuge with Allah from the evil in our own souls and from our bad deeds. Whomsoever Allah guides will never be led astray, and whomsoever Allah leaves astray, no one can guide. We bear witness that there is no god but Allah, He is the One and He has no partner. We bear witness that Muhammad is His slave and Messenger.

Peace and blessings be upon our master Muhammad, his family, Companions, and all those who follow in their footsteps until the Day of Judgement.

Allah Almighty has blessed us with uncountable blessings; one of His greatest blessings upon us is our tongue.

We use our tongue to eat, drink, taste and express ourselves. Above all, we use it to read the Qur'an, do zikr and praise Allah, for which we earn rewards.

However, if we use the same tongue unlawfully either verbally (by lying, backbiting, slandering and making obscene speech) or through means of writing, e.g. on social media such as Facebook, Twitter, WhatsApp etc then it will be considered a source of hatred amongst families and communities, and it becomes a cause of punishment in the Hereafter.

One of the main causes of conflicts between couples, families or communities is due to not safeguarding the tongue. Hence, guarding the tongue will save us from many troubles and problems in our daily lives. Most importantly, it will save us from the great torment of the Hereafter.

Many verses of the Qur'an and sayings of The Prophet ﷺ inform us about the dangers and harms of using the tongue unlawfully and the consequences of it.

By the mercy of Allah, I have compiled this booklet to remind myself foremost and others what Allah Almighty and His Messenger ﷺ have told us regarding the preservation of the tongue.

Allah, the most high, said, “Remind them, indeed reminding will benefit the believers"
(Adh-Dhaariat: 55)

This booklet about safeguarding the tongue consists of some verses of the Qur’an, 40 Ahadith and the sayings of our pious predecessors.

May the Almighty Allah accept this humble work, enable us to guard our tongues and use it in a way which will gain the pleasure of Him.

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بِسْمِ اللهِ الرَّحْمٰنِ الرَّحِيْمِ

Verses Of The Quran

Allāh ﷻ says:

ما يَلْفِظُ مِن قَوْلٍ إِلَّا لَدَيْهِ رَقِيبٌ عَتِيد

“Man does not utter any word except there is an observer with him ready (to record)”

(Surah Qāf:18)

يَوْمَ تَشْهَدُ عَلَيْهِمْ أَلْسِنَتُهُمْ وَأَيْدِيهِمْ وَأَرْجُلُهُم بِمَا كَانُوا يَعْمَلُونَ

“On the day (of judgement) their tongues, their hands and their feet will testify against themselves of what they used to do”

(Surah an-Noor-24)

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ ۚ إِنَّ السَّمْعَ وَالْبَصَرَ وَالْفُؤَادَ كُلُّ أُولَٰئِكَ كَانَ عَنْهُ مَسْئُولًا

“Do not follow (or say) that which you have no knowledge about. Indeed, questioning will take place regarding the ears, the eyes and the hearts"

(Surah al-Isra:36)

إِنَّ رَبَّكَ لَبِالْمِرْصَادِ

“Indeed, Your Lord is always watchful"

(Surah al-Fajr:14)

قَدْ أَفْلَحَ الْمُؤْمِنُونَ * الَّذِينَ هُمْ فِي صَلَاتِهِمْ خَاشِعُونَ * وَالَّذِينَ هُمْ عَنِ اللَّغْوِ مُعْرِضُونَ

“Indeed, successful are the believers, who are humble in their prayers, who avoid vain talk.”

(Surah al-Mu'minun:1,2,3)

يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ وَقُولُوا قَوْلًا سَدِيدًا

“O you who believe! Fear Allah and speak what is right"

(Surah al-Ahzaab:70)

وَقُولُوا لِلنَّاسِ حُسْنًا

“And speak nicely to people”

(Surah al-Baqarah:83)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا يَسْخَرْ قَوْمٌ مِّن قَوْمٍ عَسَىٰ أَن يَكُونُوا خَيْرًا مِّنْهُمْ وَلَا نِسَاءٌ مِّن نِّسَاءٍ عَسَىٰ أَن يَكُنَّ خَيْرًا مِّنْهُنَّ ۖ وَلَا تَلْمِزُوا أَنفُسَكُمْ وَلَا تَنَابَزُوا بِالْأَلْقَابِ

“O you who believe! no men should mock other men, perhaps they (those mocked) may be better than them (those who mock).”

“And no women should mock other women, perhaps they (those mocked) may be better than them (those who mock).”

“And Do not find fault with one another. And Do not call one another with bad nicknames.”

(Surah al-Hujraat:11)

يَا أَيُّهَا الَّذِينَ آمَنُوا اجْتَنِبُوا كَثِيرًا مِّنَ الظَّنِّ إِنَّ بَعْضَ الظَّنِّ إِثْمٌ ۖ وَلَا تَجَسَّسُوا وَلَا يَغْتَب بَّعْضُكُم بَعْضًا ۚ

"O you who believe! Avoid much suspicion, indeed some suspicions are sins. And Do not spy and Do not backbite one another."

(Surah al-Hujraat:12)

وَيْلٌ لِّكُلِّ هُمَزَةٍ لُّمَزَةٍ

"Woe to every backbiter, insulter"

(Surah Humazah:01)

وَلَا تُطِعْ كُلَّ حَلَّافٍ مَّهِينٍ * هَمَّازٍ مَّشَّاءٍ بِنَمِيمٍ

"And Do not obey every worthless habitual swearer, a slanderer who goes about with malicious gossip"

(Surah al-Qalam:10,11)

يَا أَيُّهَا الَّذِينَ آمَنُوا إِن جَاءَكُمْ فَاسِقٌ بِنَبَإٍ فَتَبَيَّنُوا

"O you who believe! If any sinner brings you any news, then verify it"

(Surah al-Hujrāt:6)

وَاجْتَنِبُوا قَوْلَ الزُّورِ

"And abstain from lying"

(Surah al-Hajj:30)

وَيْلٌ لِّكُلِّ أَفَّاكٍ أَثِيمٍ

"Woe to every sinful liar"

(Surah al-Jasiyah:07)

وَلَهُمْ عَذَابٌ أَلِيمٌ بِمَا كَانُوا يَكْذِبُونَ

"And there is a painful punishment for them, because they used to tell lies"

(Surah al-Baqarah:10)

يَا أَيُّهَا الَّذِينَ آمَنُوا لَا تُبْطِلُوا صَدَقَاتِكُم بِالْمَنِّ وَالْأَذَىٰ

"O you who believe! Do not invalidate your charity by reminding (your favour to people) and by hurting"

(Surah al-Baqarah:264)

وَاغْضُضْ مِن صَوْتِكَ

"And lower your voice"

(Surah Luqmān:19)

فَلَا تُزَكُّوا أَنفُسَكُمْ ۖ هُوَ أَعْلَمُ بِمَنِ اتَّقَىٰ

"Do no claim yourself to be pure, He knows best who is God-fearing"

(Surah An-Najm:32)

وَإِنَّ عَلَيْكُمْ لَحَافِظِينَ * كِرَامًا كَاتِبِينَ * يَعْلَمُونَ مَا تَفْعَلُونَ

"Indeed, there are guardians (angels) over you. Who are noble and recording (everything you do and say). They know everything you do"

(Surah al-Infitar: 10,11,12)

"Avoid much suspicion, indeed some suspicions are sins. And do not spy and do not backbite one another"

Forty Hadeeth

1. Speak good or Remain silent:

Abu Shuraih (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

مَنْ كَانَ يُؤْمِنُ بِاللَّهِ وَالْيَوْمِ الآخِرِ فَلْيَقُلْ خَيْرًا أَوْ لِيَصْمُتْ

"He who truly believes in Allah and the last day should speak good or keep silent."

Source: Bukhari-6018

Note: Imam an-Nawawi says, "This hadith clearly states that one should not speak unless what he wants to say is good, and that is clearly of benefit. If there is any doubt about its benefit, then he should not speak."

(Riyadus Saliheen)

2. Safety lies in silence:

Abdullah bin A'mr (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

مَنْ صَمَتَ نَجَا

“He who keeps silent remains safe.”

Source: Tirmidhi:2501

Note: Imam Abu Hamid al-Ghazali says, “The dangers and harms of the tongue are many and there is no rescue from them except silence.”

(Ihyaa Uloom)

3. The way of Salvation:

Uqbah bin Aamir (may Allah be pleased with him) narrated that I met The Messenger of Allah ﷺ and asked, “What is the way of salvation?”

He ﷺ replied:

امْلِكْ عَلَيْكَ لِسَانَكَ، وَلْيَسَعْكَ بَيْتُكَ، وَابْكِ عَلَى خَطِيئَتِكَ

"You must guard your tongue, let your house be spacious for you and cry over your sins."

Source: Tirmidhi-2406

Note: "Let your house be spacious for you" means you should stay home and must not be hanging out for no reason, which will save you from many evils and troubles.
This Hadith tells us that, in order to save ourselves from the loss in this world and the hereafter we should guard our tongues, avoid going out unnecessarily and cry over our sins.

4. All of the speech of son of Adam is against him except three:

Umm Habibah (may Allah be pleased with her) narrated:

The Prophet ﷺ said:

كُلُّ كَلَامِ ابْنِ آدَمَ عَلَيْهِ لَا لَهُ إِلَّا أَمْرٌ بِمَعْرُوفٍ أَوْ نَهْيٌ عَنْ مُنْكَرٍ أَوْ ذِكْرُ اللهِ

"Every speech of the Son of Adam is against him, not for him, except for commanding good and forbidding evil or the remembrance of Allah"

Source: Tirmidhi : 2412

Note: Commanding what is good and forbidding what is evil is one of the greatest obligations of a Muslim. In another hadith, the Messenger of Allah ﷺ said: "Whoever among you sees an evil action, then let him change it with his hand, if he cannot, then with his tongue, and if he cannot, then with his heart and that is the weakest of faith."

(Muslim-49)

5. Modesty and less talk are two branches of faith:

Abu Umamah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

الحَيَاءُ وَالعِيُّ شُعْبَتَانِ مِنَ الإِيمَانِ، وَالبَذَاءُ وَالبَيَانُ شُعْبَتَانِ مِنَ النِّفَاقِ

"Modesty and less talk are two branches of faith, and obscene talk and too much talk are two branches of hypocrisy."

Source: Tirmidhi-2027

6. The Steadfastness of Imaan lies in steadfastness of the tongue:

Anas bin Malik (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

لَا يَسْتَقِيمُ إِيمَانُ عَبْدٍ حَتَّى يَسْتَقِيمَ قَلْبُهُ،
وَلَا يَسْتَقِيمُ قَلْبُهُ حَتَّى يَسْتَقِيمَ لِسَانُهُ

“The belief of a servant will not be steadfast until his heart becomes steadfast, and his heart will not become steadfast until his tongue becomes steadfast”

Source: Musnad Ahmad-13048

7. Guarantee of Paradise:

Sahl bin Sa'd (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

مَنْ يَضْمَنْ لِي مَا بَيْنَ لَحْيَيْهِ وَمَا بَيْنَ رِجْلَيْهِ أَضْمَنْ لَهُ الجَنَّةَ

"Whoever gives me the guarantee that he will safeguard what is between his two jaw-bones (his mouth, his tongue) and what is between his two legs (his private parts), I will guarantee him Paradise."

Source: Bukhari-6474

Note: This Hadith tells us that guarding the tongue and private parts from engaging in Haram is a means of entry into Paradise.

8. One bad word can lead you to the Hellfire:

Abu Hurairah (may Allah be pleased with him) narrated:

The Prophet ﷺ said:

إِنَّ العَبْدَ لَيَتَكَلَّمُ بِالكَلِمَةِ مِنْ سَخَطِ اللَّهِ، لاَ يُلْقِي لَهَا بَالًا، يَهْوِي بِهَا فِي جَهَنَّمَ

"A servant may utter a word (carelessly) which displeases Allah, without thinking of its seriousness and because of that he will be thrown into the Hellfire"

Source: Bukhari-6478

Note: A Muslim Should always be very careful about what they say; a single word uttered carelessly can be so serious (such as words of kufr and shirk) that it is sufficient to throw a person into Hell.

9. Most of the sins are from the tongue:

Abdullah bin Mas’ud (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

إِنَّ أَكْثَرَ خَطَايَا ابْنِ آدَمَ فِي لِسَانِهِ

“Most of the sins of the children of Adam are on their tongues.”

Source: Shu’ab ul Eeman-4584

10. Two Things which will cause people to go to Hell:

Abu Hurairah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ was asked about what is that for which most commonly people are admitted into Hell?

He ﷺ replied:

الفَمُ وَالفَرْجُ

“The mouth and the private parts."

Source: Tirmidhi-2004

Note: This hadith tells us that the sins of the mouth (i.e. uttering or eating unlawful) and private parts are the reason that many people will be thrown into Hellfire.

11. People will be thrown into Hellfire because of the tongue:

Muadh bin Jabal (may Allah be pleased with him) narrated, he asked:

“O Messenger of Allah! Will we be held accountable for that which we speak?”

The Prophet ﷺ replied:

هَلْ يَكُبُّ النَّاسَ فِي النَّارِ عَلَى وُجُوهِهِمْ إِلَّاحَصَائِدُ أَلْسِنَتِهِمْ

“People are not thrown into Hellfire on their faces except due to the evil of their tongues”

Source: Tirmidhi-2616

Note: Sins of the tongue are so dangerous that they can lead to Hell.

12. <u>A Muslim Should not hurt anyone:</u>

Abu Hurairah (may Allah be pleased with them) narrated:

The Prophet ﷺ said:

الْمُسْلِمُ مَنْ سَلِمَ النَّاسُ مِنْ لِسَانِهِ وَيَدِهِ

"A Muslim is the one from whose tongue and hands other people are safe.”

Source: An-Nasai-5005

Note: This Hadith tells us that a true Muslim is one who does not cause harm to anyone, by neither his tongue nor by his hands.

13. Backbiting:

Abu Hurairah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ asked:

أَتَدْرُونَ مَا الْغِيبَةُ؟

"Do you know what backbiting is?"

قَالُوا: اللهُ وَرَسُولُهُ أَعْلَمُ،

They replied, "Allah and His Messenger know best"

قَالَ: ذِكْرُكَ أَخَاكَ بِمَا يَكْرَهُ

He ﷺ said, "You mention your brother in such a way that he would dislike it (if he heard it)"

قِيلَ: أَفَرَأَيْتَ إِنْ كَانَ فِي أَخِي مَا أَقُولُ؟

Someone asked: “What if that what I say about my brother is true?”

قَالَ: إِنْ كَانَ فِيهِ مَا تَقُولُ، فَقَدِ اغْتَبْتَهُ، وَإِنْ لَمْ يَكُنْ فِيهِ فَقَدْ بَهَتَّهُ

He ﷺ replied: “If what you say is true then you have backbitten him. And if what you say is not true then you have slandered him.”

Source: Muslim-2589

Note: Imam an-Nawawi writes, “Backbiting is to speak about a person in a way that they dislike, whether by the spoken word, writing, indication or pointing with the eye, hand or head.”

(Kitab al-Azkar)

Backbiting is Haram. However, the Scholars say that under certain circumstances it is allowed to backbite. For instance, warning the Muslim about an evil person if there is a possibility of other people falling victim to him.

14. Punishment for Backbiting:

Anas bin Malik (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

لَمَّا عُرِجَ بِي مَرَرْتُ بِقَوْمٍ لَهُمْ أَظْفَارٌ مِنْ نُحَاسٍ يَخْمُشُونَ
وُجُوهَهُمْ وَصُدُورَهُمْ، فَقُلْتُ: مَنْ هَؤُلَاءِ يَا جِبْرِيلُ، قَالَ: هَؤُلَاءِ
الَّذِينَ يَأْكُلُونَ لُحُومَ النَّاسِ، وَيَقَعُونَ فِي أَعْرَاضِهِمْ

"When I was taken up to the heaven (During Mi'raj), I passed by some people who had nails of copper, with which they were scratching their faces and chests.
I asked: Who are these people, O Jibril? He replied: They are the ones who consumed the flesh of people (by Backbiting) and defamed their honour."

Source: Abu Dawud-4878

Note: Backbiting is as bad as eating the flesh of one's dead brother.

15. Do not speak ill of the dead:

Abdullah bin Umar (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

لاَ تَسُبُّوا الأَمْوَاتَ، فَإِنَّهُمْ قَدْ أَفْضَوْا إِلَى مَا قَدَّمُوا

"Do not abuse the dead, because they have reached that which they had done."

Source: Bukhari-6516

Note: We must mention the good things of anyone who has left this world and should not mention the bad things, even if that person was evil. It is possible that Allah may have forgiven him.

16. Suspicion is the worst of talking:

Abu Hurairah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

إِيَّاكُمْ وَالظَّنَّ، فَإِنَّ الظَّنَّ أَكْذَبُ الحَدِيثِ، وَلاَ تَحَسَّسُوا، وَلاَ تَجَسَّسُوا، وَلاَ تَحَاسَدُوا، وَلاَ تَدَابَرُوا، وَلاَ تَبَاغَضُوا، وَكُونُوا عِبَادَ اللَّهِ إِخْوَانًا

"Beware of suspicion because suspicion is the worst of lies. Do not look for other's fault. Do not spy. Do not be jealous of one another. Do not turn your backs upon one another. Do not hate one another. O servants of Allah! Remain as brothers."

Source: Bukhari-6064

Note: Imam Abu Hamid al-Ghazali says: "When suspicion occurs in your heart, it comes from the whisperings of Shaytan, which he directs towards you. It is necessary that you reject it."

(Ihyaa Uloom)

Jealousy is a big disease of the heart and mind. The Messenger of Allah ﷺ warned us from jealousy. In another hadith He ﷺ said,

"Beware of jealousy because jealousy destroys good deeds just as fire destroys wood."

(Abu Dawud-4903)

17. Beware of Lying:

Abdullah ibn Mas'ud (may Allah be pleased with him) reported:

The Messenger of Allah ﷺ said:

إِنَّ الكَذِبَ يَهْدِي إِلَى الفُجُورِ، وَإِنَّ الفُجُورَ يَهْدِي إِلَى النَّارِ، وَإِنَّ الرَّجُلَ لَيَكْذِبُ حَتَّى يُكْتَبَ عِنْدَ اللَّهِ كَذَّابًا

"Indeed, lying leads to immorality and immorality leads to Hellfire. A man keeps on telling lies till he is recorded with Allah as a liar."

Source: Bukhari-6094

18. Do not speak of everything that you hear:

Abu Hurairah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

كَفَى بِالْمَرْءِ كَذِبًا أَنْ يُحَدِّثَ بِكُلِّ مَا سَمِعَ

"It is enough for a man to be a liar when he goes on narrating whatever he hears."

Source: Muslim-5

Note: This Hadith teaches us that as long as we have not verified any matter, we should not convey it to others. One who conveys unverified matters is regarded as a liar.

19. Lying is a sign of Hypocrisy:

Abu Hurairah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

آيَةُ المُنَافِقِ ثَلاَثٌ: إِذَا حَدَّثَ كَذَبَ، وَإِذَا وَعَدَ أَخْلَفَ، وَإِذَا اؤْتُمِنَ خَانَ

"Signs of hypocrites are three: 1. When he speaks he lies, 2. When he makes A promise he breaks it and 3. When he is entrusted he betrays."

Source: Bukhari-6095

Note: According to another narration, The Messenger of Allah ﷺ added to the above hadith: "Even though he fasts, prays and thinks he is a Muslim."

(Muslim-49)

20. Lying produces bad smell:

Abdullah bin Umar (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

إِذَا كَذَبَ العَبْدُ تَبَاعَدَ عَنْهُ المَلَكُ مِيلًا مِنْ نَتْنِ مَا جَاءَ بِهِ

“When a man lies, the angel goes a mile away from him because of the bad smell it produces”

Source: Tirmidhi-1972

21. A great treachery:

Sufyan bin Asad Hadrami (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

كَبُرَتْ خِيَانَةً أَنْ تُحَدِّثَ أَخَاكَ حَدِيثًا هُوَ لَكَ بِهِ مُصَدِّقٌ، وَأَنْتَ لَهُ بِهِ كَاذِبٌ

“It is a great treachery that you say something to your brother who thinks you are truthful but you're actually lying to him.”

Source: Abu Dawud-4971

22. Punishment for lying:

Samurah bin Jundub (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

رَأَيْتُ اللَّيْلَةَ رَجُلَيْنِ أَتَيَانِي، قَالاَ: الَّذِي رَأَيْتَهُ يُشَقُّ شِدْقُهُ فَكَذَّابٌ، يَكْذِبُ بِالْكَذْبَةِ تُحْمَلُ عَنْهُ حَتَّى تَبْلُغَ الآفَاقَ، فَيُصْنَعُ بِهِ إِلَى يَوْمِ الْقِيَامَةِ

"I saw two persons came to me (in a dream) and said: The one whose cheek you saw being torn away, he was a liar and he used to tell lies, and the people would report those lies on his authority till they spread all over the world. So, he will be punished like that until the Day of Resurrection."

Source: Bukhari-6096

Note: This hadith warns us that spreading of lies, slander, fake news is one of the major sins. In this generation, social media platforms are a popular method to write and share information, making it available for everyone to see.

However, they should not be abused by spreading unverified news and slander.

23. <u>Punishment for false accusations:</u>

Abdullah bin Umar (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

مَنْ قَالَ فِي مُؤْمِنٍ مَالَيْسَ فِيهِ أَسْكَنَهُ اللَّهُ رَدْغَةَ الْخَبَالِ حَتَّى يَخْرُجَ مِمَّا قَالَ

“If a person says something about a believer that is not true, Allah will cause him to dwell in the mud of Khabal (which is dripping of the people of Hell) until he withdraws what he said.”

Source: Abu Dawud-3597

24. <u>Rewards for giving up lying:</u>

Anas (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

مَنْ تَرَكَ الكَذِبَ وَهُوَ بَاطِلٌ بُنِيَ لَهُ فِي رَبَضِ الجَنَّةِ

“He who gives up lying and lying is batil (vain), a castle will be built for him in paradise at its edge.”

Source: Tirmidhi-1993

25. Warning on reminding people of one's favours:

Abu Dharr (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

ثَلَاثَةٌ لَا يُكَلِّمُهُمُ اللهُ يَوْمَ الْقِيَامَةِ، وَلَا يَنْظُرُ إِلَيْهِمْ وَلَا يُزَكِّيهِمْ وَلَهُمْ عَذَابٌ أَلِيمٌ: الْمُسْبِلُ، وَالْمَنَّانُ، وَالْمُنَفِّقُ سِلْعَتَهُ بِالْحَلِفِ الْكَاذِبِ

“There are three people that Allah will not talk to, nor look at, nor purify them on the day of judgement and they will have a painful punishment:

(They are): (1) He who wears his garments below the ankles. (2) He who reminds people of his favours. (3) And He who swears an oath while lying, to sell his goods."

Source: Muslim-106

Note: We should not remind others of our favours upon them, such behaviour will cause pain and inconvenience to them.

26. Tale-bearer shall not enter Paradise:

Huzayfah (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

لَا يَدْخُلُ الجَنَّةَ قَتَّاتٌ

"The tale-bearer shall not enter paradise."

Source: Bukhari-6056

Note: Tale-bearing means passing on people's talk to others with the intention of causing trouble.

27. Punishment in the grave for tale-bearing:

Abdullah bin Abbas (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ once passed by two graves and said:

إِنَّهُمَا لَيُعَذَّبَانِ، وَمَا يُعَذَّبَانِ فِي كَبِيرٍ، أَمَّا أَحَدُهُمَا فَكَانَ لاَ يَسْتَتِرُ مِنَ البَوْلِ، وَأَمَّا الآخَرُ فَكَانَ يَمْشِي بِالنَّمِيمَةِ

“These two persons are being punished, but they are not being punished for any major sin (to avoid), One of them did not guard himself from urine, and the other used to walk about spreading malicious gossip”

Source: Bukhari-218

Note: The words “They are not being punished for a major sin” mean either that it was not a major sin in their opinion or it was not major to avoid.

(Kitab al-Azkar)

28. The worst slave of Allah:

Asma bint Yazid (may Allah be pleased with her) narrated:

The Prophet ﷺ said:

"شِرَارُ عبادِ اللهِ المشاؤون بِالنَّمِيمَةِ، الْمُفَرِّقُونَ بَيْنَ الْأَحِبَّةِ، الْبَاغُونَ الْبُرَآءَ الْعَنَتَ"

“The worst slaves of Allah are those who walk around slandering (other people) and who cause separation between people who love each other and seek to accuse the innocent people”

Source: Mishkat ul Masabih-4871

29. Two Faced are the worst of people:

Abu Huraira (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

تَجِدُونَ شَرَّ النَّاسِ ذَا الوَجْهَيْنِ الَّذِي يَأْتِي هَؤُلاَءِ بِوَجْهٍ، وَيَأْتِي هَؤُلاَءِ بِوَجْهٍ

“You will find that the worst of people is the one with two faces, who comes to some people with one face and to others with another face."

Source: Bukhari-3494

30. Punishment for the two-faced:

Ammar bin Yasir (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

مَنْ كَانَ لَهُ وَجْهَانِ فِي الدُّنْيَا، كَانَ لَهُ يَوْمَ الْقِيَامَةِ لِسَانَانِ مِنْ نَارٍ

“Whoever has two faces in this world, he will have two tongues of fire on the Day of Resurrection."

Source: Abu Dawud-4873

31. Taunting, cursing, speaking obscene and immoral are grave sins:

Abdullah bin Mas'ud (may Allah be pleased with him) Narrated:

The Messenger of Allah ﷺ said:

لَيْسَ الْمُؤْمِنُ بِالطَّعَّانِ وَلاَ اللَّعَّانِ وَلاَ الْفَاحِشِ وَلاَ الْبَذِيءِ

“A believer is not one who taunts, who curses, who speaks indecently and immorally.”

Source: Tirmidhi-1977

Note: Taunt is to speak at someone's face a word that hurts him.

This hadith teaches us that we should be careful that we don't taunt, speak a sarcastic, abusive or immoral word.

32. The most beloved and the most disliked people to The Prophet ﷺ

Jabir (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

إِنَّ مِن أَحَبِّكُمْ إِلَيَّ وَأَقْرَبِكُمْ مِنِّي مَجْلِسًا يَوْمَ القِيَامَةِ أَحَاسِنَكُمْ أَخْلاَقًا، وَإِنَّ أَبْغَضَكُمْ إِلَيَّ وَأَبْعَدَكُمْ مِنِّي مَجْلِسًا يَوْمَ القِيَامَةِ الثَّرْثَارُونَ وَالمُتَشَدِّقُونَ وَالمُتَفَيْهِقُونَ

"Indeed, the most beloved among you to me, and the nearest to sit with me on the Day of Judgement is the best of you in character.
And indeed, the most disliked among you to me, and the one sitting furthest away from me on the Day of Judgement are the one who is excessive in speech and the one who talks

about people unnecessarily and reviles them and the one who is arrogant”

Source: Tirmidhi-2018

33. Swearing is an evil act:

Abdullah bin Mas'ud (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

سِبَابُ المُسْلِمِ فُسُوقٌ، وَقِتَالُهُ كُفْرٌ

“Swearing at Muslim is an evil action and fighting him is disbelief.”

Source: Bukhari-48

Note: In another Hadith, The Messenger of Allah ﷺ said, “Do not swear at anyone"

(Abu Dawud-4084)

Note: These Ahadith teaches us not to swear at anyone, whether they are Muslim or non-Muslim.

34. A Muslim Should not curse on others:

Abdullah bin Umar (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

لَا يَكُونُ الْمُؤْمِنُ لَعَّانًا

"The believer is not one who curses others."

Source: Tirmidhi – 2019

35. If someone insults you do not insult them back:

Abu Jurai Al Hujaimi (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

إِنِ امْرُؤٌ شَتَمَكَ وَعَيَّرَكَ بِمَا يَعْلَمُ فِيكَ، فَلَا تُعَيِّرْهُ بِمَا تَعْلَمُ فِيهِ، فَإِنَّمَا وَبَالُ ذَلِكَ عَلَيْهِ

“If someone insults you and shames you for something that he knows about you, do not shame him for that which you know about him, for he will bear the evil consequences of it.”

Source: Abu Dawud-4084

Note: Allah ﷻ says “Reply with that which is best. You will see that the one you had mutual enmity with him will turn as if you are a close friend.”

(Fussilat: 34)

The characteristic of a Muslim should be that he does not reply evil with evil. Instead, as far as possible he should reply evil with good. If anyone speaks impolitely to him or deal harshly with him, he should reply in a manner that is better than that.

(Tafsir Umami)

36. Arguing for false:

Abdullah bin Umar (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

مَنْ خَاصَمَ فِي بَاطِلٍ وَهُوَ يَعْلَمُهُ، لَمْ يَزَلْ فِي سَخَطِ اللَّهِ حَتَّى يَنْزِعَ عَنْهُ

“The one who argues for a false case knowingly will remain subject to the wrath of Allah until he gives it up.”

Source: Abu Dawud-3597

37. The Reward for avoiding arguments:

Anas (may Allah be pleased with him) narrated:

The Messenger of Allah ﷺ said:

مَنْ تَرَكَ الْمِرَاءَ وَهُوَ مُحِقٌّ بُنِيَ لَهُ فِي وَسَطِهَا

“He who gives up argument though he is right, a castle will be built for him in the centre of paradise.”

Source: Tirmidhi-1993

Note: Allah ﷻ dislikes arguments. In another hadith, The Messenger of Allah ﷺ said, “Indeed, the most hated man to Allah is the one who is harsh in argument.”

(Muslim: 2668)

38. Being Soft-Spoken:

Aisha (may Allah be pleased with her) narrated:

The Prophet ﷺ said:

إِنَّ اللهَ رَفِيقٌ يُحِبُّ الرِّفْقَ، وَيُعْطِي عَلَى الرِّفْقِ مَا لَا يُعْطِي عَلَى الْعُنْفِ، وَمَا لَا يُعْطِي عَلَى مَا سِوَاهُ

“Allah is kind and loves kindness. He grants upon kindness what He does not grant upon harshness and what He does not grant upon anything besides it.”

Source: Muslim-2593

Note: We should speak to others with kind words and soft tone. We should refrain from using harsh or rude words or harsh approach.

39. Excessive worldly speech:

Abdullah bin Umar (may Allah be pleased with them) Narrated:

The Messenger of Allah ﷺ said:

لَا تُكْثِرُوا الكَلَامَ بِغَيْرِ ذِكْرِ اللَّهِ فَإِنَّ كَثْرَةَ الكَلَامِ بِغَيْرِ ذِكْرِ اللَّهِ قَسْوَةٌ لِلْقَلْبِ، وَإِنَّ أَبْعَدَ النَّاسِ مِنَ اللَّهِ القَلْبُ القَاسِي

"Do not talk much without remembering Allah, for indeed, too much talk without the remembrance of Allah hardens the heart. And indeed, the people who are farthest away from Allah are the ones who have hardened hearts."

Source: Tirmidhi-2411

40. Keep the tongue moist with the remembrance of Allah:

Abdullah ibn Busr (may Allah be pleased with them) narrated:

The Messenger of Allah ﷺ said:

لَا يَزَالُ لِسَانُكَ رَطْبًا مِنْ ذِكْرِ اللَّهِ

“Keep your tongue wet with the zikr (remembrance) of Allah.”

Source: Tirmidhi-3375

Note: This Hadith tells us that we should remember Allah at all times, this will prevent us from indulging in backbiting, slandering, lying and gossiping etc.

“Beware of suspicion because suspicion is the worst of lies. Do not look for other’s fault. Do not spy. Do not be jealous of one another. Do not turn your backs upon one another. Do not hate one another. O servants of Allah! Remain as brothers.”

Sayings of The Righteous Predecessors

Aslam (may Allah have mercy on him) narrated:

Umar bin Al-Khattab once entered upon Abu Bakr (may Allah be pleased with them) and found him pulling at his tongue. He said, "Oh, what are you doing?"

Abu Bakr replied,

إن هذا أوردني الموارد

"It is this (i.e. my tongue) that has brought me so much trouble."

Source: Muatta Imam Malik

Umar (may Allah be pleased with him) said:

لا تتعرض لما لا يعنيك

“Do not dispute about what is unnecessary.”

Source: Ihyaa Uloom

Abu Wail (may Allah have mercy on him) narrated:

Abdullah bin Masu'd (may Allah be pleased with him) went up to the Safa mountain, then he held his tongue and said:

يا لسان قل خيرا تغنم، واسكت عن شر تسلم من قبل أن تندم

“O tongue, say good and you will profit, keep silent from saying evil things and you will be safe, before you regret.”

Source: Tabrani

Isa ibn Uqbah (may Allah have mercy on him) reported:

Abdullah Ibn Mas’ud (may Allah be pleased with him) said:

والله الذي لا إله إلا هو ، ما على ظهر الأرض شيء أحوج إلى طول سجن من لسان

“By Allah besides whom there is no God, nothing on the surface of the earth deserves a long prison sentence more than the tongue.”

Source: Huliyatul Awliya

Imam ash-Shafi'ee (may Allah have mercy on him) said:

احفظْ لسانَك أيها الإنسانُ
لا يلدغنَّك إنه ثعبانُ
كم في المقابر من قتيل لسانه
كانت تهاب لقاءه الأقران

Guard your tongue O people!
Do not let it bite you, because it is like a snake. How many in the grave, was put to death by his own tongue. The heroes were afraid to meet him (when he was alive).

Source: Dewan ash-Shafi'ee

Faqih Abul Layth Samarqandi (may Allah have mercy on him) said:

روي عن الربيع بن خثيم أنه كان إذا أصبح وضع قرطاسا و قلما ولا يتكلم بشيء إلا كتبه و حفظه، ثم يحاسب نفسه عند المساء

“When Rabee bin Khuthaim would get up in the morning he would take a pen and paper and he would note down every word he said, then at night he would count them."

Source: Tanbihul Ghafilin

Yunus bin Ubaid (may Allah have mercy on him) said:

خصلتان إذا صلحتا من العبد، صلح ما سواهما من أمره: صلاته، ولسانه

“When two characteristics of the servant are perfect his all other affairs will be perfected, two things are his Salah and his tongue.”

Source: Huliyatul Awliya

Imam Al Awzaee (may Allah have mercy on him) said:

المؤمن يقل الكلام و يكثر العمل، والمنافق يكثر الكلام و يقل العمل

“Believers speak less and work more and hypocrites speak more and work less"

Source: Tanbihul Ghafilin

Imam an-Nawawi (may Allah have mercy on him) writes:

وسمعك صن عن سماع القبيح
يكون اللسان عن نطق به
فإنك عند سماع القبيح
شريك لقائله فانتبه

“Guard your hearing from listening to ugliness just as you guard your tongue against speaking it, for listening to ugly things makes you a partner with the one who utters it, so be careful.”

Source: Kitab al Azkar

Some scholar said:

مثل اللسان مثل السبع إن لم توثقه عدا عليك

“The tongue is like a wild beast, if you do not tie it up it will attack you"

Source: Kitab al-Azkar

A poet said,

اللسان جسمه صغير و جرمه كبير و كثير

The tongue is a small piece of flesh, but its crimes are big and so many.

Source: Mirqaat al-Mafatih

Another poet said,

جراحات السنان لها التئام ولا يلتئم ما جرح السان

“The wounds of the spear can heal, but the wounds of the tongue never heal.”

Source: Mirqaat al-Mafatih

Abu Ali ad-Daqqaq (may Allah have mercy on him) said:

من سكت عن الحق فهو شيطان أخرس

“He who keeps quiet from speaking the truth is a mute Shaytan"

Source: Kitab al-Azkar

Imam ash-Shafi'ee (may Allah have mercy on him) said:

إذا أراد الكلام فعليه أن يفكر قبل كلامه، فإن ظهرت المصلحة تكلم، وإن شك لم يتكلم حتى تظهر

“If a person wishes to speak, he should think it over before doing so. If some benefit is evident then he should speak, but if he is in doubt, he should not speak until some benefit becomes evident”

Source: Kitab al-Azkar

Rabee bin Khuthaim (may Allah have mercy on him) said:

أقلوا الكلام إلا بتسع: تسبيح، وتكبير، وتهليل، وتحميد، وسؤالك الخير، وتعوذك من الشر، وأمرك بالمعروف، ونهيك عن المنكر، وقراءة القرآن

"Talk less except in nine things: Tasbeeh (Subhan Allah), glorification of Allah (Allahu Akbar), saying La Illaha Illallah, praising Allah (Alhamdulillah), asking for good, seeking refuge from evil, enjoying the good and forbidding the bad and recitation of the Holy Qur'an"

Source: Huliyatul Awliya

"Guard your hearing from listening to ugliness just as you guard your tongue against speaking it, for listening to ugly things makes you a partner with the one who utters it, so be careful."

Do's And Don'ts Of Preserving The Tongue

Don’ts of the tongue

- Don't utter any words of kufr (disbelief) or shirk
- Don't speak without purpose
- Don't backbite
- Don't tell lies
- Don’t make false testimonies
- Don't slander
- Don't bear tales
- Don't swear
- Don't insult
- Don't make fun of others
- Don't bully
- Don't call anyone with bad nicknames
- Don't spread fake news
- Don't curse
- Don't use obscene or immoral speech

- ◊ Don't be harsh in arguments
- ◊ Don't argue for a false cause
- ◊ Don't be rude
- ◊ Don't talk too much
- ◊ Don't make false promises
- ◊ Don't be boastful
- ◊ Don't gossip
- ◊ Don't eat doubtful food

Do's of the tongue

- ◊ Think before you speak
- ◊ Praise Allah
- ◊ Always speak the truth
- ◊ Be gentle in speaking
- ◊ Speak what is right or remain silent
- ◊ Speak nicely to people
- ◊ Command for the right
- ◊ Forbid the evil
- ◊ Keep the tongue busy with zikr (remembrance) of Allah

◊ Some very beneficial words of zikr:

- Subhan Allah
- Al-hamdu lillah
- La ilaha illallah
- Allahu Akbar
- Subhana Allahi wa bihamdih
- Subhana Allahi Al-’Azeem
- Subhaanallahi Wa Bihamdihi Adada Khalqihi Wa Ridha Nafsihi Wa Zinata Arshihi Wa Midaada Kalimaatih.